

Food Preparation and Nutrition



GCSE Food Preparation and Nutrition (AQA)

What do you study?

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

How is the course assessed?

- Written examination: (1 hour 45 minutes)
50%
- Non-exam assessment (NEA1+2): 50%



What can you expect from this course?

- Improving practical cooking skills whilst gaining an understanding of the nutritional and scientific processes involved
- In year 10 you will cook weekly on every double lesson and learn a wide variety of skills including bread, pastry/sweet pastry, sauce making, fresh pasta, deboning chicken, filleting fish and lots more
- Theory lessons take place in the single lessons and cover the topics for the exam
- In year 11 the focus will be on the coursework and the exam - so you will cook a lot less



Non-exam assessment (controlled assessment)

Task 1: Food investigation (15%)

Students' understanding of the working characteristics, functional and chemical properties of ingredients (food science).

(1500 words)

Task 2: Food preparation assessment (35%)

Students' knowledge, skills and understanding in relation to the planning, preparation, cooking, presentation of food and application of nutrition related to the chosen task.

Students will prepare, cook and present a final menu of three dishes within a single period of no more than three hours, planning in advance how this will be achieved.

(12 sides of A4)



Hypothesis

Investigation 1	The reason why I think that the whole milk will be the best is because the whole milk adds fat to it which make it have a richer taste and nicer crumb
Investigation 2	The reason I think this is all going to happen is because with too little baking powder the scones will not rise. However with too much baking powder the taste of the food will be very bad as the baking soda adds a soapy taste to the mixture.
Investigation 3	The reason why I think that 1 minute and 30 seconds will be the best is because if you don't mix long enough the mixer will not come together whereas with too much mixing the moisture in the mixer will disappear so that the baking powder can't raise the mixer because there isn't enough moisture.

Planning the investigations

To plan for the investigation I will need the told amount of self raising flour this will be the same for all the investigations.

The next ingredient will be baking powder which will be the told amount on all but investigation 4 where i will be using 1 tsp, 2 tsp, 3 tsp and 4 tsp.

Then the butter like the self raising flour will be the told amount for all the investigations.

Again The caster sugar will also be the told amount and will be the same for all the investigations.

Then something different with milk i will be using the told amount on all the investigations however with investigation 1 i will be using different types of milk the types of milk will be buttermilk, skimmed milk, lactose free milk and last whole milk. After that the vanilla extract will be the same as self raising flour, caster sugar and butter with them all having nothing changed between each investigation.

Section B - Investigation

Investigation 1

The first investigation is different kinds of milk e.g skimmed, whole, lactose free and buttermilk. I believe the different types of milks will change the taste and texture of the scones.

A	B	C	D
Whole milk	Lactose free	Buttermilk	Skimmed milk
			

A	3	3	3	3	12	4	3	3	2	12	3	3	2	2	10	34
B	4	5	4	4	17	3	4	3	3	13	3	2	2	1	8	38
C	2	3	1	3	9	4	4	3	3	14	2	3	1	3	9	32
D	3	4	2	3	12	3	3	2	2	10	2	3	3	3	11	33

The best according to the scores was B which was lactose free the reason why is because of it's high results in appearance and highest results in texture has the lactose free scones to have 4 more point in over all how it isn't the best in taste as it had tasted the worst with only an 8.

What Is A Healthy Diet.

When researching about healthy diets i used multiple sources one of the main ones being the NHS website they say that state that we should follow The Eatwell Guide as it shows that to have a healthy, balanced diet, people should try to:

- Eat at least 5 portions of fruit and veg every day
- Base meals on high fibre starchy foods
- Have some dairy or dairy alternative
- Eat some beans,pulses, fish, eggs, meat and other protein
- Choose unsaturated fats and oils
- Drink plenty of fluids

Eatwell Diagram:

The eatwell diagram is a diagram that shows the sectors of different food. This will be useful when making my dishes as I'm going to make sure that my dishes include a variety of different sectors of the chart. As well as following the guidelines above, we should follow the eatwell guide if we want a balanced nutritious diet. The eatwell guide is split up into Five sectors: Carbohydrates, Fats, Dairy, Protein And Fruit and vegetables. It also has key information stated around the outside of it.



Healthy Dishes inspiration:

The 12 possible dishes that I could end up making as my final 3 are below. These are dishes that I class as being healthy and high skills. The dishes and the skills are listed below.

Chicken Tikka Masala: The skills that I would use within this dish are, Knife skills when I debone the chicken and chop up the vegetables, Use of the cooker, Use of equipment, Preparing, combining and shaping and Sauce making.



Stir fry - When making this dish i will be, Deboning a chicken for the meat, Sauce making when making a sauce for the stir fry, Knife skills while i am preparing my veg to go in the stir fry, Making my own pasta, Use of the cooker because i will be using the hob to cook the stir fry.



Salt and pepper chicken - The skills for this dish are, Deboning the chicken, Use of the cooker, preparing veg and knife skills when cutting the veg and i will marinate the chicken to increase the flavours inside it.



Time Plan:

<u>Time</u>	<u>Order Of Work</u>	<u>Health And Safety</u>
9:00	Do personal and kitchen hygiene. Place a plate into the freezer ready for the jam later on.	Personal hygiene must be followed throughout: Clean apron, hair tied back, hands washes, wounds cover up and all jewellery removed. Clean All work surface with antibacterial
9:05	Begin to debone chicken on a red board using a fillet knife. Use two boards one to leave the carcass on and the other for the chicken that's being used. Then place the chicken on the red board to one side	Don't let the raw chicken touch any ingredients ensuring it stays on the red board. Bin the carcass immediately and wash hands after handling raw meat.
9:20	Using an electric mixer, beat the butter, sugar and the lemon zest until creamy. This step should take no more than 3-4 minutes once this is done, break the egg into a small bowl and beat with a fork. Add the egg to the butter sugar lemon mixture. Slowly stir in the flour using a wooden spoon ensuring all the flour is mixed in fully. Lightly knead on a floured surface until smooth. Place in the fridge for 30	Don't over Knead the pastry dough as it will toughen. Make sure the work surface has been re-sprayed with anti bacterial as there might be chicken juices on it.

Dish 3 - Fruit Tarts

Summary Of What I Did:

To start off this dish I made the pastry for the tarts as this needed time to rest inside of the fridge. Whilst this was resting in the fridge I started to make my jam. To do this I mixed sugar, Lemon juice and strawberries in a saucepan. I had preplaced a jar inside the oven to warm and therefore once my jam was done I put it inside of the jar. Now that my jam was done I could roll out my pastry dough and make my tartlets. I put my tartlets into the oven and started to prepare my cream and fruit. Once everything was cooled down I could then piece the tart together and serve.



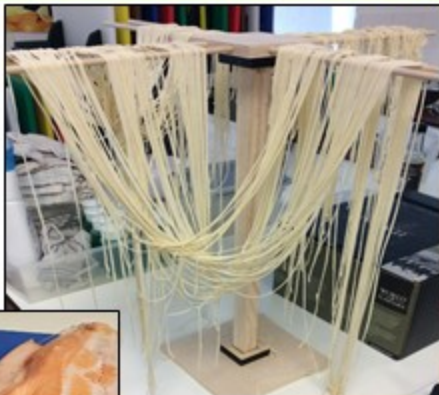
Ingredients Used:

Flour, Butter, Egg, lemon, Sugar, Strawberries, Blueberries and Elmlea Double Cream.

Skills Used:

Pastry making, Use of the cooker when cooking the pastry and using the hob, Preparing fruit, Setting of mixtures

Practical skills – Pasta, pastry, breads, sauces, seafood, poultry....





Careers in Food

**Where can a career in food
take you?**





- Food scientist
 - Barista
- Sports science
- Personal trainer
- Food teacher
 - Nutritionist
 - Baker
 - Dietitian
 - Chef
- Food technologist



Any questions?

Please come and talk to us.

